



H.E.L.P. 2015-2016



Gather your family & friends...

work together to keep each other motivated through the holiday season.

Open to SRPMIC Community Members & Tribal/Enterprise Employees

From Halloween to New Year's, so many people stress about food and weight gain, and quickly lose focus on their goals to get fit.

Don't cast aside your health and fitness goals during the holiday season!

Don't wait until the new year to focus on health & fitness goals.

When you take a "break" from your healthy eating and exercise plan, you only make it harder for yourself to get started again.

Instead of waiting until the New Year...start healthy resolutions by joining H.E.L.P.

H.E.L.P. is here to support you through the holiday season.

The Average American's Holiday Season



H.E.L.P. is a 10-week program starting Sunday October 25, 2015 and ending Saturday January 2, 2016

**REGISTRATION BEGINS
MONDAY OCTOBER 19, 2015**



For more info contact the
Salt River Fitness Center at 480.362.7320.

